

Food For Thought

TIPS ON TASTE NUTRITION & HEALTH

Healthy Eating With Organic Foods

(NAPSA)—As the terms “genetic modifications” (GM) and “bio-engineered foods” enter daily vocabulary, health-conscious Americans are asking: Does anyone really know what’s in the food we eat?

Many consumers are turning to organic foods as alternatives to artificial ingredients, preservatives, additives or genetic modification. One in ten families purchase organic products today and that number is expected to quadruple by 2005. The organic trend is expanding beyond the natural food stores, into mainstream supermarkets in every neighborhood.

Organic foods are grown and produced without the use of hormones, pesticides or synthetic fertilizers. Production and processing are kept to a minimum. The result is great tasting, naturally flavorful food made in a way that helps to restore, maintain and enhance the environment.

Until recently, individual states regulated organic farming and production of organic foods and beverages. The growing popularity of organic foods and increasing demand by consumers, farmers, manufacturers and retailers for consistency in organic labeling led the United States Department of Agriculture to set new standards. The standards regulate what products can be called “organic,” and define acceptable organic farming practices and food production. Beginning in October 2002, all organic foods and beverages adhering to the standards will be easily identifiable by a new “USDA Organic” seal on the label.

Since organic foods are grown without the use of manmade pes-



Eating organic is an easy way to know exactly what is in the food you eat.

ticides and fertilizers or antibiotic drugs, there is greater emphasis on soil preservation. By avoiding the use of synthetic chemicals, organic farming may also help to reverse surface and groundwater supplies pollution.

Walnut Acres, America’s original organic food company, continues to educate consumers on the benefits of certified organics. New Walnut Acres ready-to-serve, certified organic soups offer convenience and healthy flavor with a twist. The eight delicious varieties include Autumn Harvest; Classic Minestrone; Country Corn Chowder; Four Bean Chili; Ginger Carrot; Savory Tomato; Mediterranean Lentil and Cuban Black Bean. Walnut Acres also offers certified organic salsas, certified organic fruit juices and certified organic pasta sauces.

To learn more about certified organic products, the benefits of certified organic foods and the new USDA Organic Program, visit www.walnutacres.com.